

EASTERN STAR CHURCH



21 DAYS

OF PRAYER & FASTING

FAST GUIDE

REALIGNING

OUR HEARTS

REFLECT

REFOCUS

REBUILD

EASTERN STAR CHURCH

21-DAY DEVOTIONAL JOURNEY

FOUNDATION SCRIPTURE – HAGGAI 1:3–8

JANUARY 4–24, 2026

PURPOSE

As we start the year with a time of prayer and fasting, it is for us as a church to draw closer to God as we move forward in faith. By communally spending time in prayer and fasting, we will be able to more clearly hear from God and know what His will for us as we realign with His purpose.

PRAYER

Please join us daily for prayer at 7:00 a.m. and 7:00 p.m. via the prayer line: 1-971-379-9502

FASTING

We are following the Daniel fast which consists of fruits, vegetables, nuts, beans, and lentils. Drink plenty of water and natural juices. Our fast begins at 7:00 a.m. on Sunday, January 4th and ends at midnight on Saturday, January 24th.

BIBLE

Please join in our daily Bible reading listed on the following pages. A devotional will be shared with you during the 7:00 a.m. prayer line call. Meditate on this scripture and the reflections shared with you. You can also read one chapter each day from the gospel of John.



Fasting is a Christian practice of voluntarily abstaining from food or other legitimate desires for spiritual purposes. It is a powerful discipline that allows believers to draw closer to God by removing distractions and focusing on prayer, reflection, and worship.

For this purpose, we will follow the Daniel Fast, a plant-based fast inspired by biblical principles.

- Fasting is not limited to food; it can involve refraining from any activity or comfort that allows for spiritual growth and renewal.
- The Bible highlights the fasting practices of many individuals, including Jesus (Matthew 4:2), Daniel (Daniel 1:12), John the Baptist (Matthew 3:4), and Esther (Esther 4:16).

IMPORTANT WHILE FASTING

Stay Hydrated: Drink 6 – 8 glasses of water daily throughout the fast. Proper hydration is essential.

Consult Your Doctor: If you have a medical condition or are under a physician's care, consult your doctor before beginning the fast.

Side Effects: Expect potential detox symptoms, such as moderate to severe headaches, especially in the first few days, as your body eliminates caffeine, sugar, salt, and other impurities. Consider taking over-the-counter pain relief, like Advil or aspirin, unless your doctor advises otherwise.

Flexibility and Wisdom: Modify the fast as needed, especially if you have health conditions or experience extreme difficulty. Pray for guidance and seek counsel from other Christians to find suitable alternatives.

FOODS TO INCLUDE

Whole Grains: Brown rice, oats, oatmeal, barley, and whole-grain pasta

Legumes: Lentils, split peas, black-eyed peas, and dried beans (i.e., pinto, kidney)

Fruits: Fresh, unsweetened fruits like apples, bananas, berries, cherries, mangoes, melons, oranges, peaches, pears, pineapples, and more. Limit intake of citrus fruits to two per day

Vegetables: A variety of fresh or frozen vegetables, including broccoli, carrots, kale, sweet potatoes, zucchini, and spinach. Canned vegetables should be sodium-free or rinsed thoroughly before use

Seeds and Nuts: Include unsalted seeds, nuts, and sprouts. These are excellent sources of protein and healthy fats

Oils, Seasonings, and Spices: Olive oil and natural seasons are permitted

Liquids: Spring or distilled water, 100% natural fruit juices, and vegetable juices without added sugar or sweeteners

Note: It is advisable to take a daily multivitamin/mineral supplement during the fast

FOODS TO AVOID

Sugar and Sweeteners: Avoid desserts, soft drinks, and processed sugar

Caffeine: Refrain from coffee, tea, and other caffeinated beverages. Enriched grains. No white bread, enriched rice, or processed grains

Meat and Dairy: Exclude meat, fish, poultry, eggs, and dairy products

Fried Foods and High-Fat Products: Avoid margarine, shortening, and fried foods

PORTION GUIDELINES

Refer to the USDA Food Pyramid (available at www.mypyramid.gov) to maintain balanced servings.

Suggested limits:

Fruits and vegetables: 7 – 10 servings per day

Nuts: 12 – 15 per meal



THE YEAR OF REALIGNMENT

A SEASON TO REFLECT, REFOCUS, AND REBUILD

Foundation Scripture – Haggai 1:3 – 8

Days 1 – 7: REFLECT

To reflect is either seeing an image in a mirror or other shiny surface or looking back in remembrance and review. During this time of prayer and fasting, believers are encouraged to look back over the past year – and even the past several years – and ask yourselves: *Is God pleased with my service to Him?*

Day 1 – Sunday, January 4
Haggai 1:1 – 2

Theme: “God Asks a Question”

Reflection: It is a sobering moment in the life of any believer when God asks about something He already commanded them to do. Did they forget? Lose focus? Lose their desire? Why is the work incomplete?

PRAY that God will give you a pure heart to obey Him and complete the assignment He has given you.

Day 2 – Monday, January 5
Haggai 1:3

Theme: “Consider Your Ways”

Reflection: As believers grow in their relationship with the Lord, they should take time to consider both their actions and their motives. Are they living in obedience? Are they doing what God called them to do? Or are they pursuing their own desires first?

PRAY for you to surrender your heart and your will so that godly obedience becomes your lifestyle.

Day 3 – Tuesday, January 6
Nehemiah 1:4

Theme: “A Reaction to the Condition”

Reflection: When believers hear about devastation in a community, city, or nation, how do they respond? Do they weep with those who suffer? Are they moved to pray? Nehemiah mourned for Jerusalem when he heard about its destruction. His compassion led him to action—fasting and prayer.

PRAY for empathy and a compassionate spirit that cares for the well-being of others, not just your own household.

Day 4 – Wednesday, January 7
Nehemiah 1:5 – 6

Theme: “Confess Your Sins”

Reflection: A genuine encounter with God always leads to confession. No one can stand before a holy God without recognizing their own shortcomings. When seeking direction, believers should begin by confessing where they have fallen short and asking for cleansing from the inside out.

PRAY for your confessions to be sincere and for you to receive clarity as your sins are confessed. Receive God’s cleansing and recommit to obedience.

Day 5 – Thursday, January 8
Nehemiah 1:6 – 8

Theme: “Intercede for Others”

Reflection: After personal confession, believers should intercede for others – family, church, and community. Spiritual warfare requires covering everyone within the sphere of influence.

PRAY boldly for your pastor, your church, its members, and your communities. Believe that God will answer.

Day 6 – Friday, January 9
Nehemiah 1:11

Theme: “Seek the Favor of the Lord”

Reflection: God often moves on the hearts of others to assist believers in fulfilling His work. Pride or fear should not prevent them from accepting help. God can align them with the right people who possess the authority and resources needed.

PRAY that God will bring the right people alongside you at the right time to accomplish His work for His glory. Then declare, “The Lord did it!”

Day 7 – Saturday, January 10
Ezra 1:2 – 4

Theme: “The Lord Will Provide”

Reflection: God sends the provision needed to complete His work, using whomever He chooses. *“The king's heart is in the hand of the Lord”* (Proverbs 21:1).

PRAY that God will move on the hearts of those with the resources to give, and thank Him in advance for aligning them with you in the work.

NOTES

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DAYS 8 – 14: REFOCUS

To refocus is to adjust the focus of a lens or your eyes, sometimes turning your attention to something new or different.

Day 8 – Sunday, January 11

Haggai 1:6

Theme: “Ask the Lord for Clear Vision”

Reflection: We can sometimes get so caught up in doing a “good thing” that we lose sight and focus that what we are doing is not a “God thing”. Vision comes from God, and we occasionally need His intervention to help us refocus on *what* and *why* we are doing in the Kingdom. When God helps to clear our vision, our purpose becomes clearer and the work becomes more meaningful.

PRAY that the Lord will open your eyes so that you can clearly see Him and prepare your heart to fully obey what He directs you to do.

Day 9 – Monday, January 12
Ezra 3:2 – 3

Theme: “Faith is Courageous”

Reflection: We will face opposition when we engage in the work of the Lord. But despite of the enemies all around us, we can trust that the Lord is with us, covering and protecting us from them.

PRAY for the faith and courage to do the will of the Lord, regardless of the opposition of those who don't see the vision He has given you. Keep your eyes on Him, and He will direct your path.

Day 10 – Tuesday, January 13
Haggai 2:3 – 5

Theme: “Don't Look Back”

Reflection: When you are refocusing on the things of God, be careful of looking back and comparing where you are going to where you have been. The future that the Lord has prepared for you requires your looking forward in faith as you follow Him into your destiny.

PRAY for your eyes to see the way of the Lord. As you see, commit to following where He leads.

Day 11 – Wednesday, January 14
2 Kings 6:17

Theme: “Open Your Eyes”

Reflection: We sometimes miss the thing that is right in front of us. We search and search, and the thing we have been searching for was there all the time. In those times, we need the light of the Lord to shine upon it so that we can see that what we were seeking is within reach. When we are confident that we have the resources that we need, we gain the confidence to do the work we have been called to do.

PRAY that you do what is needed to maintain clear vision and recognize God’s provision.

Day 12 – Thursday, January 15
Habakkuk 2:2 – 3

Theme: “Write the Vision”

Reflection: As you engage others and provide direction for them to follow, don’t be afraid to write the vision so that it is clear to them. This should only be done once God has made it clear that it is the right time to do so. But as you do, God will give you the right people to come alongside you to do the work.

PRAY that God gives you the confidence to share the vision at the appointed time so others can unite with you in the work. *“Without vision, the people perish.”* Help them to see what God has shown you.

Day 13 – Friday, January 16
Proverbs 16:3, 9

Theme: “Work God’s Plan”

Reflection: As you seek God for direction, keep your eyes on Him ***at all times***. Do not allow yourself to be distracted by things going on around you. Rather, stay focused on God and allow Him to direct your path. It’s God’s plan – work it as He gives it to you.

PRAY that you will remain singularly focused on God as you do the work He has called you to do. He has given the plan, the resources, and the people, so it is important to keep your mind and your eyes on Him to complete it according to His will.

Day 14 – Saturday, January 17
Nehemiah 2:11 – 12

Theme: “Count the Costs”

Reflection: When God calls you to work for Him, don’t be afraid to ask Him for clarity of what He wants you to do. Inspect prayerfully. Assess

diligently. But don't be discouraged if you cannot see the end from the beginning. Trust that God will give you enough insight to understand what He requires and will continue to reveal His plan to you as needed.

PRAY that the Lord will give you enough insight to remain committed to the work without delay or discouragement.

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DAYS 15 – 21: REBUILD

To *rebuild* is to build (something) again after it has been damaged or destroyed.

Day 15 – Sunday, January 18
Haggai 1:8

Theme: “Make Preparations”

Reflection: Whatever you undertake for God must be done with proper planning and preparation. When He ordains it, He will provide the plans and the resources to get it done. Pray for the right heart and mind to make proper use of both; then you can trust God for the outcome.

PRAY that God will align your heart to His will so that you can clearly hear His voice as He guides you through the rebuilding process.



Day 16 – Monday, January 19
Haggai 1:14 – 15

Theme: “God Will Give You the Help You Need”

Reflection: God will stir the hearts of the people we need to complete the work He has called us to do. Sometimes, it comes from the most unexpected people. Regardless, when the time is right, He will move the people to come alongside us to get His work done. Don't miss the opportunities based on personalities. Trust God that the right people will make themselves available.

PRAY that God will make His will and His way clear to you so that you are open to receive help from those whom He sends.

Day 17 – Tuesday, January 20
Ezra 2:68 – 69

Theme: “The People Gave to the Work”

Reflection: When God moves you to do the work, He will also move the people to give to the work. Your movement is an active demonstration of your trust in the Lord. When you begin to move by faith, God will make the moves necessary to facilitate the work.

PRAY that God will give you the faith to do what He has called you to do, even if you don't see

how it will be accomplished, trusting Him to provide you with everything you need to get the work done.

Day 18 – Wednesday, January 21
Ezra 3:1 – 6

Theme: “Make Worship a Priority”

Reflection: The first step in any work being done for God is worship! As you seek direction and divine protection, you can more clearly hear from Him after you have spent time worshipping Him. Acknowledge who He is and how He is your source in all that you are doing and all that you are preparing to do. Surrender to His will so that you can complete the work His way.

PRAY that the Lord will show Himself to you more clearly as you worship and give Him the glory due His name. Seek Him early. Seek Him often. Then do what He tells you to do.

Day 19 – Thursday, January 22
Ezra 5:1 – 2

Theme: “Start Building”

Reflection: Whenever you are called by God to do a thing, there comes a time when you have to start! Preparation is important, but it is the beginning and not the end. In spite of the opposition to the work, be confident that you will

succeed since you are doing the work of the Lord. Don't be discouraged by the doubters, but continue seeking God so that you are able to stay focused and committed to the work.

PRAY that you will be committed to **begin** the work when God says the time is right. *"It's the job that's never started as takes longest to finish"*.

Day 20 – Friday, January 23
Ezra 6:14 – 15

Theme: "Finish the Work"

Reflection: There are some things which are ongoing and others which will be completed at a particular time. Whichever situation God has called you to, be diligent to "stay on the wall" until the work is done. God will affirm and confirm what He has called you to do, providing you with what you need as you move forward according to His Word.

PRAY that you will be committed to **finish** the work once it has begun. *"being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ;"* (Philippians 1:6).

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Be a Part of
The Year of Realignment

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